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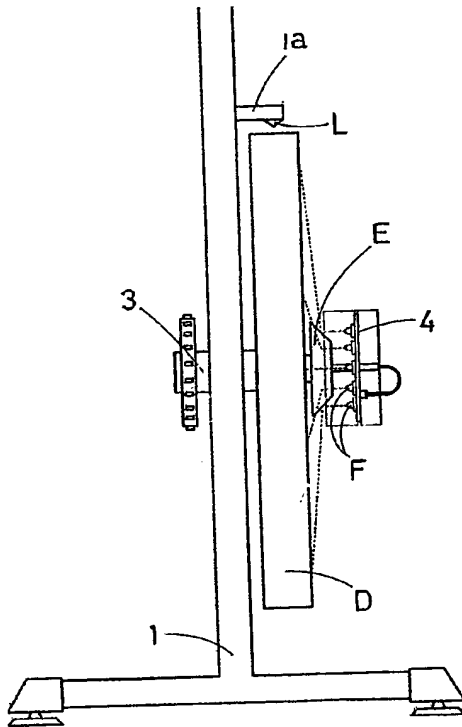
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(54) Title: GYM BIKE THAT USES THE EFFECT OF STROBOSCOPIC LIGHTS FOR THE IMMEDIATE VISUAL CONTROL OF THE USER'S FLYWHEEL REVOLUTION SPEED



(57) Abstract: The present invention refers to a gym bike of the type provided with a flywheel actuated by pedals and an electronic control unit interfaced to a suitable keyboard and display capable of measuring the speed of the flywheel by means of a sensor and show it on the display, characterised by the fact that, once the speed that the user should maintain during the training session has been set on the control unit, the control unit can enable the operation of a stroboscopic light according to a switching on frequency equal to the angular speed or larger multiple or sub-multiples of the speed that the flywheel should maintain to keep the predetermined speed of the exercise; it being provided that the stroboscopic light is directed onto one or more reflecting marks mounted on the surface of the flywheel.

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